

Serenity Times

June 2007

www.oagalveston.org

A Publication of the Galveston / Bay Area Intergroup of Overeaters Anonymous

WSO 9342 Region III

Upcoming Events:

Sixth Annual Slumber Falls Retreat

New Braunfels TX

June 29-July 2, 2007

www.OASanAntonio.org

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Annual Convention in Galveston

September 14-16, 2007

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OA World Service Convention in Philadelphia

August 30-September 2, 2007

OA is a fellowship of individuals who, through shared experience, strength, hope, and the 12 steps of this program are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Serenity Times is a publication of the Galveston/Bay Area Intergroup of Overeaters Anonymous. The editor reserves the right to edit for space and style. Reprinting of this material is permitted provided proper credit is given the source. Please send submissions to: tangedahl@juno.com

SANITY AND STEP TWELVE?

My neutrality with food has been slipping for some time, but it came to a head this past week. On two separate occasions, I had a battle with sweets and the sweets won fair and square. Before OA, these types of events would have led to a food free-for-all. But not today; my life is quite different.

I joined OA almost four years ago in Austin, Texas. When I moved to Houston, I jumped right into an OA home group. I did service, prayed and read OA literature every morning, met with my sponsor, and worked the steps to the best of my ability. Although my food wasn't perfect, most times, I understood and experienced what the big book said regarding neutrality :

"And we have ceased fighting anything or anyone, even food. For by this time sanity will have returned. We will seldom be interested in compulsive eating. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward food has been given us without any thought or effort on our part. It just comes! That is the miracle of it..."

But, like I said in the beginning, this precious sanity surrounding food has been ebbing for some time. I spoke with my sponsor after my latest binge on sweets, and she asked, "What's changed for you? What were you doing before that you aren't doing now?"

I paused for a second. Well, I thought, I used to do service but my life got too hectic for that. I used to pray and read OA literature in the mornings, but my mornings got too full. I used to try to squeeze in an extra meeting, but one meeting per week became the norm. Based on this assessment, I think I left Steps 11 and 12 out sitting on the curb for pick-up. But thanks to OA, I have the recovery to know that I can fine-tune my program at any time and, by doing so, am guaranteed to be a bit saner because of it. Today after making a few living amends to myself, I feel nothing but hope surrounding God's ability to help me one day at a time to not eat compulsively.

--GBAI OA member

Turn it over to your Higher Power.

MONDAY

Galveston (12615)
Discussion 5:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Leanna: 713-410-3770

TUESDAY

Angleton (47802)
Frank Stevens Center for Health & Wellness
140 Hospital Dr. (7:00 pm)
Contact: Claire 979-297-9726
or Margie 979-848-1030

**Clear Lake LUNCH MEETING
Literature (Step Study) 12-1:00 pm
Clear Lake United Methodist
Meets in Youth Cafe
16335 El Camino Real
(Between El Dorado and Bay Area)
Contact: Cindy 281-450-9308

Clear Lake
OA HOW Discussion 6:45 pm (46923)
House of Prayer Lutheran Church
14045 Space Center Blvd.
Contact: Ramona 281-614-1981

WEDNESDAY

Clear Lake (13244)
Literature (Big Book/12&12) 10 am
Clear Lake United Methodist Church
16335 El Camino Real Rm. 220
Contact: Jean 281-488-2402 or Kay 281-557-3881

Baytown (49349)
OA HOW 7:00 pm
Grace United Presbyterian Church
304 N. Pruett
Contact: Ruth B. 832 838-0901 Buffum51@yahoo.com

**Santa Fe
OA/HOW 8:00 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-283

Intergroup Business Meeting

Every Third Wednesday 7 pm
Bay Area Community of Christ church
Travis at Austin Streets in Webster
Contact: Kay H. 281-557-3881

THURSDAY

League City (49391)
11:30 AM
Bay Area Club
2111 Webster Street
Contact: Gina at 409-939-6383

Angleton
6:30 pm
Angleton Danbury Hospital
Hospital Drive

Webster (30093)
6:30 pm
Up the Street Club
Suite 105, Big Book Study
Contact: Chuck B. 281-332-3238

FRIDAY

Baytown *New
OA HOW 7:30 pm Friday
San Jacinto Methodist Hospital
Alexander Campus
1700 James Bowie
Contact: Ruth 832-838-0901 or buffum51@yahoo.com

Webster (07234)
Literature 6:30 pm (Step Study/12&12)
Up the Street Club
508 NASA Road 1
Contact: Doris 281-486-7080

League City (48893)
7:30 pm Friday
12&12 Study
Bay Area Club, Room F
2111 Webster Ave @ FM 270
Contact: Dinah 281-339-2727

SATURDAY

Clear Lake (12635)
For Today/Discussion 10:30 am
House of Prayer Lutheran
14045 Space Center Blvd.
Contact: Marcia 281-488-7684

SUNDAY

Webster (34237)
WOMEN'S MEETING
For Today/Discussion 6:00 pm
Bay Area Community of Christ Church
Travis at Austin Streets
Contact: Kay H. 281-557-3881

**This meeting is not affiliated with GBAI and is included on our list as a courtesy. Please contact the name listed if you have any questions regarding the meeting. If there are any changes or new Meeting, please contact Kay H. at 281-557-3881.